



# Boston Seniority

## Elderly Commission

Thomas M. Menino, Mayor of Boston



# Fall

FREE

2010  
Volume 34  
Issue 7



# *Table of Contents:*

## *Page Number*

3 .....	Mayor's Spotlight
4 .....	RSVP Volunteer Highlight
6 .....	SCP Volunteer Highlight
8 .....	The Old Farmer's Almanac
10 .....	Archeology at Faneuil Hall
12 .....	The Faces of HIV are Getting Older
14 .....	Healthy, Wealthy & Wyse
17 .....	Talk to your pharmacist
20 .....	Don't Retire, Inspire
26 .....	Healthy Recipes



**Check out our website**

**[www.cityofboston.gov/elderly](http://www.cityofboston.gov/elderly)**

**Commission on Affairs of the Elderly**

**Main number (617) 635-4366**

**Email articles and comments to**

**[Bostonseniority@cityofboston.gov](mailto:Bostonseniority@cityofboston.gov)**

***Although all material accepted is  
expected to conform to professional  
standards, acceptance does not imply  
endorsement by the City of Boston,  
Commission on Affairs of the Elderly.***

## *Boston Seniority*

**Volume 34 Number 6**

**Published by the City of Boston**

*Commission on Affairs of the Elderly*

**Thomas M. Menino, Mayor**

**Eliza F. Greenberg, Commissioner**

**Martha Rios**

**Tula Mahl**

**Editors**

**Eileen O'Connor**

**Photographer**

**City Hall Plaza-Room 271**

**Boston, MA 02201**

**(617) 635-4366**

**[www.cityofboston.gov/elderly](http://www.cityofboston.gov/elderly)**

**Karine Querido, Chief of Staff**

**Tula Mahl**

**Deputy Commissioner**

**Communication & Policy**

**Melissa Carlson**

**Deputy Commissioner**

**Advocacy & Planning**

**Michael Killoran**

**Deputy Commissioner**

**Transportation**

**Francis Thomas**

**Deputy Commissioner**

**Administration & Finance**

**Printed by Standard Modern**

**Boston Seniority is supported in  
part by The Executive Office of  
Elder Affairs.**

# Mayor's Spotlight



## **Mayor Menino Helps Residents Save Cash and Lower Utility Bills with Free Energy Efficiency Upgrades**

In September, Mayor Thomas M. Menino launched the Renew Boston Residential Program, which provides eligible Boston residents with free energy efficiency improvements such as air sealing and insulation upgrades to help conserve energy, save money and lower utility bills. The program is funded with \$1.8 million from the American Recovery and Reinvestment Act (ARRA) Energy Efficiency and Conservation Block Grant (EECBG) and through existing energy efficiency programs administered by NSTAR and National Grid. The project will result in over \$11.9 million in energy efficiency work, save Boston residents \$3.4 million per year in energy costs, and is expected to create 58 local jobs.

“Renew Boston is a unique public-private partnership that will have a transformative effect on the lives of neighborhood residents, while significantly advancing our climate action agenda,” said Mayor Menino. “This latest effort encourages energy efficiency across all neighborhoods and will save residents money on energy bills, dramatically reduce greenhouse gas emissions, and put local people to work in good paying green jobs.”

Mayor Menino made the announcement on the porch of Dorchester resident Saithlyn Jones, who received free energy efficiency and weatherization services this past winter under the Renew Boston pilot program. With

annual heating bills of well over \$4,000, Jones was thrilled to find that basic air sealing and insulation installed in her walls would reduce her energy use by up to 30% a year. The free energy efficiency improvements are provided by Mass Energy Consumers Alliance and Next Step Living, a Boston-based energy services company.

In 2009, Mayor Menino announced the development of the Renew Boston program to serve all types of residents and businesses all across the city. The innovative network coordinates City government with energy efficiency and alternative energy service providers NSTAR and National Grid along with for-profit and non-profit partners to help Boston residents, businesses, and institutions save energy and money, and to create jobs. Renew Boston is a major component of the recently released report from Boston's Climate Action Leadership Committee, which calls for reducing Boston's greenhouse gas emissions by 25-percent by 2020 and provides a set of wide-ranging recommendations aimed at preparing for the risks of climate change in Boston.

The no-cost weatherization services are available for more than 3,000 Boston residents within 60-120 percent median income and only to residents that live in buildings with four or fewer units. To determine eligibility and for more information on how to enroll in the residential program, Boston residents can call (617) 635-SAVE or visit [www.RenewBoston.org](http://www.RenewBoston.org).



# RSVP Boston

By: Jecara Hood

## Volunteer Highlight: Morris Englander

Morris Englander is an exceptional person. He has a lifetime of stories, experiences and jokes. Morris was born in Nassau County, Long Island. He went to the Wharton school at the University of Pennsylvania and shortly after college served in the army overseas in France. Throughout his life Morris loved to travel. He has traveled to the Serengeti in Tanzania and was awed at being so close to the 'BIG 5' (Lions, Tiger, Elephant, Hippo, and Cheetah). Morris has also traveled through Eastern Europe and hopes to travel to Asia and Alaska in the years to come.

All of this traveling compelled Morris to learn new languages. He speaks Spanish, Portuguese, French and Italian. This especially helps him as a volunteer for the Info Desk at the Museum of Science. Along with Morris' fluency in several different languages he has an exceptional amount of enthusiasm that is sure to radiate to anyone in his presence. It's no wonder people always return to the Info Desk after they've visited the museum to ask for Morris' insight on where they should go next.

Morris Englander doesn't spend all of his time volunteering at the Museum of Science, he also volunteers at Dana Farber, Seniors on Call and the Make A Wish Foundation. Morris' volunteering has tremendously impacted the communities

of Boston. At Dana Farber, Morris is a participant in the Blum Van. The Blum Van brings cancer education, awareness, and prostate screenings to Boston neighborhoods. Not only does Morris provide understanding for those who are uninformed, he encourages men to be screened, and provides moral support for anyone in need of it.

In his work at the Make A Wish Foundation, Morris contributes to the organization's mission by enriching the lives of children with life-threatening medical diseases, through *Wish Work*. Providing moral support is a very important aspect in Morris' career as a volunteer. He greets the children and their families at the airport who have traveled to Boston to have their wishes fulfilled. He makes sure that everything goes smoothly with their limos and accommodations when they are in Boston, and when they are ready to go home, he waits with them until they board their flights. On some occasions, Morris has even been able to get families upgraded to first class!

Morris also assists in the seeing through of the wishes, and recently tagged along with a teenager whose wish was to go on a shopping spree. One memory that Morris will always treasure is of a little girl from South Carolina whose wish was to meet Jacoby Ellsbury of the Red Sox.



He couldn't figure out why she picked that wish, since Jacoby wasn't from South Carolina until she simply explained that it was because Jacoby was cute.

Mr. Englander spends his free time with his four children and seven grandchildren. For recreation he enjoys traveling, and is the proud pitcher of his son's coed softball team. The team is made up of "kids" in their twenties and thirties, and one seventy-six year old pitcher. Age isn't an obstacle with Morris as his team won the trophy last fall!

With a life as adventurous as Morris', when asked what he would change if he could, he says "Nothing, except maybe I would've been a pilot for an airline too." A dream not far out of reach – Morris owns a private pilot license to boot!



You don't just  
deserve better care,  
you deserve  
Evercare.

To find out more information,  
please call Evercare at:

781-472-8650 /

1-800-393-0939

TTY: 1-800-387-1074



[EvercareHealthPlans.com](http://EvercareHealthPlans.com)

You must have Medicare Part A and Part B and live in the service area of the plan.

Evercare® Medicare Advantage plans are offered by United Healthcare Insurance Company, or one or more of its affiliated companies (including PacifiCare and Oxford licensed HMOs and insurance companies), Medicare Advantage organizations with a Medicare contract. Plan availability varies by county. Benefits may vary by county and plan.

©2006 United HealthCare Services, Inc.  
M0011\_E\_061114\_121 CMS 10/06



# The Missing Piece:

## Senior Companion program forms lasting friendship

By: Cassandra Baptista

“I like that picture,” says Helen Harris, 59, pointing to a puzzle hanging on the wall. “It looks good there.”

Fannie Williams, 70, has just displayed the picture of a cottage in her living-room, and Harris is quick to notice. They’ve been working on the 500-piece puzzle for over a month, and now they take a moment to appreciate their work.

For over four years, Harris has been Williams’ Senior Companion through Ethos and the Senior Companion Program at Boston City Hall. They sit close to each other on a blue loveseat and immediately start catching up, as though it’s been a while. But they saw each other yesterday. “I enjoy the company,” Williams says. “Seniors really get lonely sitting by themselves all the time. When you get old, you need people in your life and we’ve become good friends.”

Harris lives down the street from Williams in their Roslindale neighborhood and visits everyday just to say, “Hi.” If Harris is on her way to the store, she calls up Williams to see if she needs anything. The friendship seems comfortable, like throwing on a familiar jacket. They anticipate each other’s stories and feed



off the other’s laughter. They like to be creative together and plan new activities, like making a quilt.

“You remember that?” Harris asks Williams.

“It’s still in the trunk of the car,” Williams says with a laugh as they reminisce about their half-started project.

The two also spend time talking about their families, who no longer live in the area. Harris has three kids and two grandchildren. Williams takes a minute to count off on her fingers; she has four children, 10 grandchildren and six great-grandchildren. But one of the relationships Williams seems to count on most is the one she shares with Harris. Williams had heart surgery in May and explains how helpful Harris has been, often cleaning or cooking for Williams as she recovers. “I really appreciate that more than she will ever know,” Williams says.

Harris used to be a Home-Health Aid and worked with the elderly most of her life. When Williams was younger, she was a substitute teacher, owned her own daycare and drove a bus for people with disabilities. She was also a foster parent for ten years and wishes she could foster more children.

For now, they both say they've learned a lot about each other and themselves through this companion program. "I learned a good friendship is the most important thing you can have in your life," Williams says. "I can confide in her. We can communicate together despite the age difference." Harris adds, "She gives me good advice for the things I don't know about."

**"I can confide in her. We can communicate together despite the age difference."** - Fannie Williams, 70

Theirs is a relationship based on commonalities and a certain kind of fateful magic: they've become each others' companions.

"It seems like we're family," Harris says, smiling at Williams.

"I'm glad you came into my life," Williams says back. "I couldn't ask for a better person."

## Do you want to be on TV?

The ***DON'T RETIRE, INSPIRE*** show invites you to share your life's story with us and inspire others.

How have you changed the course of your life?

Survived in spite of yourself or your situation?

Come Share Your Story on TV...

**If you are interested contact:**

Tula Mahl at 617-635-1922 or email  
[tula.mahl@cityofboston.gov](mailto:tula.mahl@cityofboston.gov)

## Senior Companion Program

Become a Senior Companion  
and become a friend.

Senior Companions bring a  
*friendly face* into the homes of  
homebound elderly.

For more information on how  
you can *brighten a senior's day* call  
(617)635-3987.



# THE 2011 OLD FARMER'S ALMANAC

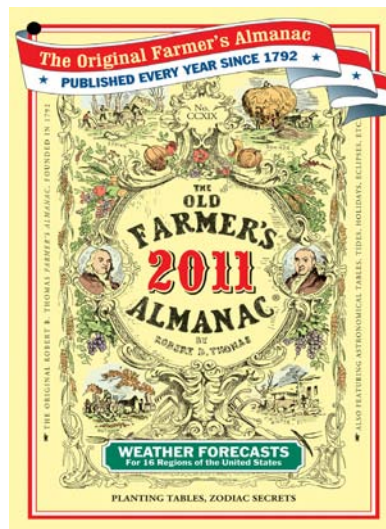
By: Tula Mahl

The Old Farmer's Almanac has been around since 1792. It was founded by Robert B. Thomas. Robert was born in Grafton, Massachusetts in 1766. He was brought up on a farm. In his day there was no television or internet. Robert had to find his entertainment on the farm. He would lie outside and ponder the universe. He was fascinated with the correlation between the seasons and the stars. So he decided to go to Boston and learn how to calculate the calendar for the coming year with the times of events, sunrises and sunsets, phases of the moon, tides and other statistical information - an almanac. Ergo the Old Farmer's Almanac was born.

During that time there were many almanacs available but Robert made his unique by including some humorous tidbits. This is still true of the Old Farmer's Almanac today.

Although the Old Farmer's Almanac is known for its calendar, the 2011 version also has great recipes, anecdotes, astrology and my personal favorite is the weather folklore. Take this proverb: If there is thunder in winter, it will snow

7 days later. If you want to find out the answer get your hands on the 2011 Old Farmer's Almanac. It is available wherever books and magazines are sold and at [www.Almanac.com/store](http://www.Almanac.com/store).



## How The Old Farmer's Almanac can help you:

- If you are interested in astronomy
- If you are a gardener or want to start a garden
- If you are interested in knowing the weather a whole year in advance
- If you are interested in astrology
- If you like a good chuckle

**FREE**



**FREE**

**Introductory computer  
classes at Suffolk University.  
For more information call  
Kate at 617-573-8251**



# *Gladys' Seniors In Action*



**Celebrating 10 years of serving the community**

**Gladys' Seniors In Action Exercise Program offers  
Free Exercise Classes**

## **Class Schedule:**

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 -11AM JULIA MARTIN HOUSE 90 Bickford St. Jamaica Plain (dining room)	10-11AM JULIA MARTIN HOUSE 90 Bickford St. Jamaica Plain (dining room)	10 -11AM AMORY ST. APTS. 125 Amory St. Jamaica Plain (community room)	11AM -NOON USES -HARRIET TUBMAN HOUSE 566 Columbus Ave. South End (community room)
2 - 3PM NATE SMITH HOUSE 155 Lamartine St. Jamaica Plain (community room)	12:30 -1:30PM USES -HARRIET TUBMAN HOUSE 566 Columbus Ave. South End (community room)		

- Free health education workshops
- All classes are in English and Spanish
- Seniors and people with disabilities are encouraged to join
- Wednesdays lunch \$2 at Julia Martin House
- Fridays lunch \$2 at Harriet Tubman House

**For registration forms or more information call 617-522-4832  
For Harriet Tubman House information call 617-536-4832**



# Archeology at Faneuil Hall

By: John H. O'Neill III

Faneuil Hall, in Boston, is part of American history. Sam Adams played an important role and he often gave speeches at Faneuil Hall about being free from English rule. Adams stirred colonists to oppose dominance by the mother country which was located some 3,000 miles away.

Faneuil Hall has been restored several times. Over 200 years have passed since the famous hall was built. Tourists visiting Boston often ask for Faneuil Hall. It is an important stop during their visit.

The National Park Service determined that the land around Faneuil Hall had not been studied. Kim Parson, of URS Corp., led a team testing the soil there. Parsons served as the Senior Project Archeologist. URS Corp. is based in Burlington, New Jersey. Parson was joined by fellow archeologists Kim Morrell, Tom Kutys, and James Burton. The archeology team located ceramics, pipe stems, and leather text items. They found some bone tools and toothbrushes. The items dated back to the early nineteenth or even eighteenth century.

A stairwell had been proposed. The Boston National Park visitors center has been located on State St. The stairwell will lead to new offices in Faneuil Hall.



The archeology team found many items including buttons and oyster shells. Boston has been a port center for years. Ships come and go on a regular basis. Kim Parson and her team have shown that Boston was a thriving city in years past. It is sure to be one in years to come.

## Boston Fire Department Elderly Fire Safety Program **FREE**

Photo Electric Smoke Alarm and  
Carbon Monoxide Detector available  
for owner occupied single family  
homes/condos

**Restrictions Apply**



For more information please call  
Ernie Deeb at 617-635-2359.  
You can also view our website online at  
[www.cityofboston.gov/fire](http://www.cityofboston.gov/fire) or visit the  
Boston Fire Department on Facebook.





**Friday, December 3, 2010  
8:00 a.m. to 3:00 p.m.**



## **Holiday Phone-A-Thon**

Mayor Thomas M. Menino, the Boston Commission on Affairs of the Elderly and AT&T are happy to announce the annual Holiday Phone-A-Thon.

If you are a Boston resident, age 60 or older, you may be able to call a relative or friend anywhere in the world: **FREE OF CHARGE.**

Each person will be given one-half (1/2) hour to place as many telephone calls as they wish.

To register, please complete the application form below and return by  
Monday, November 29, 2010 to the Attention of:  
Mary Beth Kelly  
Commission on Affairs of the Elderly  
One City Hall Square, Room 271  
Boston, MA 02201  
or fax to 617-635-3213

**Breakfast or Lunch Provided  
FREE**

### **PLEASE PRINT CLEARLY**

**First Name:**

**Last Name:**

**Address:**

**Apt. #**

**Neighborhood:**

**Zip Code:**

**Countries I wish to call:**

**Telephone #:**

**Time I would like to call:**

☐ Transportation Needed    ☐ Transportation Not Needed  
**CHECK BOX BELOW**

### **CENTRALIZED PICK UP LOCATIONS - PLEASE CHECK ONE CLOSEST TO YOUR HOME**

- ☐ Allston-Brighton Chinese Golden Age, 677 Cambridge St.
- ☐ Allston-Brighton Covenant House, 30 Washington St.
- ☐ Allston-Brighton JCHE, 30 Wallingford Road
- ☐ Boston 333 Massachusetts Avenue
- ☐ Dorchester Kit Clark Senior Ctr., 1500 Dorchester Ave
- ☐ Fenway-Kenmore Kenmore Abbey, Kenmore Square
- ☐ Jamaica Plain, 155 Lamartine Street

- ☐ Jamaica Plain Julia Martin House, 90 Bickford St.
- ☐ Mattapan Church of the Holy Spirit, 535 River St.
- ☐ Mission Hill Flynn House, 835 Huntington Ave.
- ☐ Roxbury Freedom House, 14 Crawford Street
- ☐ South End Castle Square Apts., 484 Tremont Street
- ☐ South End Franklin Square, 11 East Newton Street
- ☐ South End-Chinatown, 5 Oak Street

**Sites with 8 or more seniors attending this event may schedule for a bus pick up.  
When you register you will receive a phone call with your pick up time for the phone-a-thon.**

# The Faces of HIV are Getting Older

By: Ariel Jastromb, Boston Living Center  
(BLC) Volunteer

Permission to reprint given by Boston Living Center

We are now in the fourth decade of HIV/AIDS and the face of the virus is certainly changing. With the advent of newer, more effective medications, those living with HIV/AIDS are experiencing much longer and healthier lives than ever before. We're happily seeing HIV-positive people of middle age and beyond succeed in living healthy, productive lives. Aging, therefore, has become an important issue to examine among those in the HIV/AIDS community. We sat down with Betsy Kunkel of the Boston Living Center (BLC), who serves on the HIV>50 Work Group on Aging of the Greater Boston/Metro-West HIV/AIDS Service Coordination Collaborative.

The group is a co-operative of providers and consumers that discuss aging and the HIV positive population. One of the group's goals is to educate doctors, social workers and other providers on the specific needs that treating the aging HIV/AIDS population requires. "These are the baby boomers of HIV. This is front-line stuff," Kunkel says. "We are in uncharted territory."

The aging population living with HIV/AIDS presents different challenges to care. Not only are people dealing with the common effects of aging, they are also managing HIV/AIDS medication regimes, side effects and specific health concerns. Comprehensive ways to care for those who are aging with HIV/AIDS need to include ways to address the unique challenges facing older people who have lived with the virus for decades. Managing medications for HIV can become more difficult if new medications for common ailments of aging such as high blood pressure are introduced. Not a lot is known at this time about the long-term effects of HIV medications on people as they age. Providers on the front lines of working with the aging HIV/AIDS population have a lot of work ahead of them in identifying what the needs will be and appropriate responses.

In addition to those growing old with HIV, we are also seeing more and more infections popping up in the middle-aged and elderly. Of all new infections, people over 50 years of age represent at least 17%. There are unique complications and challenges facing older people, and that extends in double to the older population living with HIV/AIDS. The CDC needs to increase its funding to meet those challenges and to ensure the proper treatment of older HIV patients.



Older people may think they are safe from HIV and providers assume this is so because of the misconception that as people age, they are no longer sexually active or engaging in risky behaviors. The AIDS Community Research Initiative of America's ROAH (Research on Older Adults with HIV) study examined the behavior of older adults living with HIV in New York City. Of those adults that were sexually active, almost half (47%) used alcohol and/or drugs before sexual encounters. Another study suggests that 60% of women aged 50 or older have had unprotected sex within the last decade. One reason for this may be the onset of menopause, meaning women stop ovulating and assume they won't get pregnant. For many women, preventing pregnancy is the sole reason to use a condom during sex and they don't think about HIV/AIDS prevention.

HIV/AIDS is no longer the disease of the young gay male. Grandmothers, grandfathers and parents of all sexual orientations are not excluded. The riskier the lifestyle, no matter the age, the more of a chance one has to contract the disease. The double stigma of HIV and age hasn't helped. "The prevention message has abated," Kunkel adds. People have become more complacent and less concerned with the possibility of HIV infection and prevention needs to happen on a national level. Nationally, women and men aged 50 and over need to be

targeted. There are marketing materials directed at women, black communities and other special interest groups, so why not older men and women? The median age in the HIV/AIDS population is rising and we need to be prepared.



## Basketball



Seniors over age 60 who are interested in playing Basketball are welcome to join us every Thursday from 10:30 a.m. to 12:30 p.m. at the Roslindale Community Ctr, 6 Cummings Hwy. You can just shoot around or you can participate in 3 on 3 Half Court games.

**For more information, please call  
Ed Conway at (617)327-6831 or  
e-mail him at [edconway14@yahoo.com](mailto:edconway14@yahoo.com)**

## Need a Ride?

**Senior Shuttle 617-635-3000**

Scheduling Available  
Monday - Friday  
8:00 a.m. - 4:00 p.m.

Please give at least 3 days advanced notice. Priority is given to seniors scheduling rides for medical appointments. (Some restrictions may apply)

I usually read many medical articles in order to find an interesting topic to write about. Often times, I find “tidbits or treasures” but I have no place to put them. This month I am writing about a few interesting facts that I have researched in 2010.

## **Women: Forget the expensive perfumes! Sprinkle yourself with Nutmeg instead!**

According to a study by the Smell and Taste Treatment and Research Foundation, men found the aromas of pumpkin pie and doughnuts sexier than the scents of florals and musks. Not surprising, roasted meat ranked higher on the seduction scale than the typical perfume scents of roses and baby powder!

For women, what smells puts them in the mood?

Good and Plenty candies and cucumbers!!!

## **Sphenopalatine ganglioneuralgia: Brain freeze**

**Symptoms:** Severe headache-concentrated just above your eyes

**Triggered by:** Ice cream and frozen treats

**Cause:** Something cold hits the soft palate in the back of the mouth, a bundle of nerves is stimulated, triggering blood vessels in the head to contract, dilate and cause pain

**Try:** Press your tongue to the roof of your mouth to warm things up

**Prevention:** Try letting the cold treat melt a little in the front of your mouth so by the time you swallow, it won't aggravate those sensitive nerves. For some ice cream treats, you can let them melt for a while in a bowl. It should make a difference.

## **Prone to Heartburn? Avoid these 6 Drinks**

If you have heartburn more than twice a week, you may have GERD (gastroesophageal reflux disease). Your doctor will help treat this medical diagnosis.

Causes of heartburn vary from person to person. You have ruled out pregnancy and fried foods then you will look at your diet and see what foods and liquids are causing you pain. Make a list of all food and liquids “food diary”, the time and symptoms you experience and any activities you were involved in before the discomfort started. You will see a pattern.

### **6 Drinks that may cause your heartburn:**

1. Alcohol. Alcohol increases the production of stomach acid and relaxes the lower esophageal sphincter. This allows the stomach contents to back up into the esophagus. Alcohol can lead to developing peptic ulcers. If you cannot completely avoid alcohol, try watering it down with water, club soda, ice cubs; drink white wine or choose non alcoholic beer or wine.



**2.** Citrus juices. Especially pineapple and orange juice stimulate stomach acids and can cause heartburn also avoid grapefruit, cranberry, lemon and lime juices.

**3.** All types of carbonated soft drinks.

**4.** Caffeinated drinks: coffee, tea and soda. Try decaffeinated. Avoid caffeine headaches by weaning off caffeinated drinks slowly.

**5.** Tomato and V8 juice: tomatoes relax the lower esophageal sphincter and increase stomach acid production.

**6.** Milk: some people are sensitive to milk and milk products. This can lead to acid reflux. If milk is your trigger, try low fat or skim milk. Fat free milk can actually neutralize stomach acid.

Water is a great alternative for everyone! Water does not stimulate the stomach to produce more acid. Water will not set off a heartburn attack. Water helps to keep you GI tract moving so acid will not build up in your stomach. It is also no calories.

### Potassium: How Much Each Day?

Americans think a banana a day will cover their need for potassium when they are on certain blood pressure “fluid pills”.

Ask your doctor or pharmacist if you are on a certain type of heart pill or fluid pill and do you need potassium supplement. Maybe not! Bananas are actually on the

lower end of potassium replacement foods! You need to have this essential nutrient everyday-either by food or supplemental medication. What does potassium do? It plays a major role in your health and well being, controlling blood pressure, maintain a healthy heart and prevents muscle cramping after a strenuous workout. Where do you find potassium? Some dairy products, fruits, vegetables, poultry and fish are high, usually 400mg in a standard serving. How much do you need daily? **4700mg or 4.7g.** for everyone over 12 years.

### Common potassium foods:

Baked sweet potato - **694**

Tomato paste (1/4 cup) - **664**

Beet greens (cooked 1/2 cup) - **655**

Baked white potato - **610**

Blackstrap molasses (1 tbsp) - **498**

Green soybeans (1/2 cup) - **485**

Lima beans (1/2 cup) - **484**

Winter squash (cooked 1/2 cup) - **448**

Banana (1 medium) - **422**

You may not eat many of the above foods. Other foods high in potassium are spinach, low fat milk, soy milk, turkey, almonds, sunflower seeds, pumpkin seeds, prunes, cantaloupe, blackberries, grapes, raspberries, watermelon, mango, asparagus, corn, carrots, celery, sweet peppers, beets, tomato juice and legumes

such as lentils, kidney beans and black-eyed peas.

Remember, 4700mg is your daily goal for potassium. Read labels in the supermarket and in restaurants. Look at this diverse list of potassium rich foods. There are many foods that you like are included in this list.

You may want to ask your doctor for a referral to a nutritionist who will help you pick the best foods for you and your diet. Share the info about 4700mg a day with your friends. I think most of them won't know the daily requirement.

## The Commission on Affairs of the Elderly is Coming to YOU-LIVE!

### BNN-TV Channel 9

Boston Seniors Count  
Live Call-in Cable Television Show  
Thursday at 3:30 p.m.  
Repeated Sunday at 11:30 a.m.  
and Tuesday at 8:30 p.m.

For more information call  
Deputy Commissioner  
Tula Mahl, Producer  
at 617-635-4362



## Partners HealthCare

*pleased to support*

**Commission on Affairs of the Elderly**

*and*

**Mayor Menino's Health & Fitness Walk**



FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL  
AND MASSACHUSETTS GENERAL HOSPITAL

## **Talk to your pharmacist:**

### **How a conversation can save you money and save your life**

By: Quinn Bott

You probably see your pharmacist more often than you see your doctor, but do you really know them? Do they know you? It can be difficult to find the time to speak with a pharmacist when you are in a hurry or not feeling well, but it's important to build a relationship with that person behind the counter. Their knowledge can help you reduce the costs of your medications, and avoid dangerous side effects and drug interactions. Pharmacists are an important part of your health care team and are more important to your health and your wallet than you may realize!

Pharmacists are experts in medication use and drug effects. Pharmacists obtain a Doctor of Pharmacy (PharmD) degree, and become licensed to practice pharmacy in Massachusetts only after six to eight or more years of rigorous study and clinical experience. They must also pass state pharmacy board and law exams.

The pharmacists who work at retail pharmacies in your community are specially trained and experienced with all kinds of insurance plans. Regardless of your financial means, they want

to help you save money on your prescriptions, and can do so in several ways. They can work with your doctor to optimize the number and kinds of drugs you take or switch you from expensive, brand name drugs to less expensive generic ones that have the same active ingredient and have been proven to work in your body exactly same as their counterpart.

Five out of six Americans above age 65 take at least one prescription drug, and half of those take three or more. For this reason, pharmacists are well suited to assist you with the management of chronic conditions like diabetes or high blood pressure. They can do everything from recommending over-the-counter products for heartburn to evaluating if drug information obtained from the internet is reliable. They can also administer flu shots and other immunizations and perform screenings for a variety of diseases. Pharmacists are a source you can trust to give you accurate, personalized, and realistic medication advice.

### **The next time you visit your local pharmacy, ask your pharmacist to...**

Help you understand exactly what medications you are taking, and why you are taking them. It's okay to ask why you are taking one drug and not another. See what your options are.



Give you a list of your current medications. Have them make two copies - one to have at home and one to keep with you. Your privacy is important, but having this information accessible can make a big difference in an emergency.

Make a plan for when and how to take your medications (ie; day or night, with or without food) that fits your lifestyle and needs. Consider using a weekly pill box or calendar to help you remember when to take your medicines.

Teach you ways to monitor your condition and see how the drugs you take are working. Ask them to show you how to use your glucometer or what to look for when buying a blood pressure monitor.

Check your medication profile for drugs that may interact with each other, or with food. Most times there won't be an issue, but taking some drugs together could result in reduced effector harm.

Explain how serious potential side effects are, and how you can manage them safely. Some side effects are more likely than others, and some can indicate a serious problem. Talk about how you are feeling with your pharmacist, even if your symptoms might be uncomfortable. They will keep all information confidential and private.

Determine if any of the medications you take have a generic version, or if you can be switched to another drug that may save you money. Pharmacists must seek approval from your doctor before making any changes to your prescriptions.

Tell you about alternative treatment options, such as over-the-counter drugs or supplements, and dietary or lifestyle recommendations that could be beneficial to you. Ask for their recommendations on any health products and supplies you use.

Guide you through Medicare Part D, applying for state prescription drug insurance or subsidies, or choosing an insurance plan that is best for you. There may be some additional drug savings plans offered by your pharmacy, the drug company, or nonprofit companies that you can apply for!

### **Tips to help your pharmacist:**

Go to only one pharmacy. Not all pharmacies are connected and going to different pharmacies makes it difficult for pharmacists to have the information they need to watch for interactions and get to know you. Find one that provides the services you need and stick with them.

Inform the pharmacy staff of your past medical history, family history, and allergies. Inform them of any changes in your insurance information, address, phone number or health status, including side effects you may be experiencing. Take an active role in managing your health and be open in discussing your concerns.

Be understanding of delays that occur during prescription processing. Pharmacy staff must work with doctors and third party insurance companies to ensure that your medications are covered and that they are operating both within the law and the doctor's prescription. Filling a prescription takes more than just counting pills, and often times the delay is not the fault of the pharmacist or their staff.

Don't underestimate the impact that getting to know your pharmacist and taking a moment to go through your medication profile can have. Tell them your goals and help them to understand your situation so that they can make the best recommendations for you. They are able and willing to help, but won't know you want help unless you ask.

- Quinn Bott is a student pharmacist at Northeastern University.

## *The Elderly Commission* **Seniors are you eligible?**

Food Stamp requirements have changed for most senior applications.

The Department of Transitional Assistance no longer counts -

- \* savings or retirement accounts
- \* your car
- \* your home
- \* or other assets

For more information or to complete an application contact:

Shannon Murphy  
617-635-3745

Lorna Pleas  
617-635-4335

## **DON'T MISS**

*The Elderly Commission*

**On Radio**



**Tune into:**

**Zumix Radio**

on Wednesdays at 2:00 p.m. & Mondays  
at 9:00 a.m. streaming

on the internet at **www.zumix.org**

**WJIB 740 AM** on Sundays at 7:30 a.m.

For more information please contact:  
Deputy Commissioner Tula Mahl  
at 617-635-1922

# WHEN SHOULD ONE RETIRE?

## “Don’t Retire, Inspire”

By Augusta Alban



“Growing older is not upsetting:  
being perceived as old is.”

- **Kenny Rogers**

Recently I was asked to be on a radio show, the topic of which was “When should one retire?” I thought I would be a part of a panel discussion since my every consideration is directed to “not retiring.” I was wrong: it was just the host and I.

As soon as we were on the air she went right for it. “You’re the expert,” she said, “so when should we retire?” I was grateful I wasn’t on a TV show, I must have looked stunned. I paused for a moment and then asked her, “What does retirement mean to you?” She replied, “everybody knows that! It simply means you don’t have to work anymore”. I probed further, “Do you like what you do?” She readily replied, “I love it!” And is it “work” to you? “Well, it’s fun for me and I get paid for it.” My last question struck a nerve, “Would you want to be told you had to quit what you love to do because you had reached a certain age?” She went straight to a commercial!

“We’re back,” she said. I jumped right in and began by relating my understanding of the meaning of retirement: it is just a word like 65 is just a number. This is a very different world now than in years past when retiring meant leaving the job and going to Florida to play golf and await the inevitable. However, these days we can define our

world as we like it. Work to some may not be work to others. The commonality is being aware of the bottom line: what is the price we are paying? “What is it?” she asked, really wanting to know. My response was that the only answer is we all pay with our life’s energy! So what is the right exchange rate for you? Is it a big salary, the corner office on the 17th floor, serving at the soup kitchen, a day at an archaeological dig in Egypt, helping a child learn to read, or making this world a much better place? What is your reward for your life’s energy? It comes down to a very personal choice, not a word or a number set many years ago.

My dear next-door neighbor, Paul, “quit his office job” at age 75. After working at the same firm for over 50 years, his company was sold. They asked him to stay on but as he put it, “It just wasn’t fun anymore.” Never missing a day, he started his autobiography which is a fascinating, self-published, 300-word life story. He enjoys giving his book as a personal gift to his friends and family. He continues at age 90 to write his thoughts (we would call them poems) on “nature and the beauty that surrounds us” and also he remains a strong force on many civic committees.

Shortly after her divorce, Barbara got a job as a buyer at men’s clothing store. Her office was in the front of the building with the rest of the “corporate men.” Down the hall



from her office was a door to the warehouse that connected Barbara to a different world. As Barbara told me her story, I started to unhappily remember the inequalities of that time. Things are not equal now, but at least there is talk about it being unequal. Getting back to Barbara's story, more often than not she made her way to the warehouse at least once every day. She found the people working there down to earth and kind. She said she loved having tea with one old gentleman in particular who dressed with style, his eyes sparkled and his humorous life's stories were fascinating.

He was still enjoying the work he had done for over 70 years. He uplifted the spirits of those around him and offered dignity to any work we humans do on this earth. Barbara continued explaining that very often she took her tea break with him; they shared some old wobbly wooden stools and used a huge packing crate for the tea table. "How do you keep going?" she often asked him. He replied that he started in this business when the company had just one store, and "may I add it was not doing very well. The owner died and his son took over. He asked me to stay on, you see, I knew all of the employee as well as the retailers. He wanted to put me in those "up front" offices where you are, I refused. These are real people out here and this business is built on knowing what real people want to buy. This business has changed over the years and I had to change with it, adapting like this keeps you young. I became ill about 20 years ago and corporate wanted me to retire. You see, I used to drink

and smoke a lot. I also just loved women, burning the candle at both ends as they say. Well I gave it all up, the smoking and drinking, I decided to become a one woman man, (she is much younger than I am), and I have been going strong from that time to this."

So it was health issues that almost retired you? "Yes," he said, "I changed my bad habits and my thinking about women."

"See you tomorrow," Barbara said as she started back to her corporate office. Twenty years ago she laughed he was over seventy when he stopped his bad habits. Well that's proof for you; it's never too late for a new beginning.

Reading a book by Sylvia Brown, I came across an unforgettable client of hers. The woman at sixty-eight years of age was leaving for Africa. She had just received her degree in archaeology. Her professor had invited her on a dig in Egypt which he had been planning for six years. She had been fascinated by archaeology since she was a child, but as a young adult was told by her family there was no money for her to go to college. So, she married. Her husband told her over and over that a woman's place is in the home. Her children and grandchildren had been telling her for years she was too old. When asked how she managed to not let all that negative input discourage her. She winked and said, "Easy, I didn't believe them."

**COME ONE COME ALL**  
*to the*

***35th Annual Holiday Craft Bazaar  
and Senior Health Fair***

***Great Holiday Gifts Available***

*Many Hand Made Items Depicting the  
Rich Ethnic Cultures of Boston*

Boston City Hall Mezzanine, 2nd & 3rd Floors  
Friday, December 3, 2010 10:00 a.m. - 3:00 p.m.

For more information about the  
Holiday Craft Bazaar contact: **Janice Locke** at **617-635-4371**  
or **Mary Beth Kelly** at **617-635-3959**

For more information about the Senior Health Fair contact:  
**Lorna Pleas** at **617-635-4335**



Sponsored by:

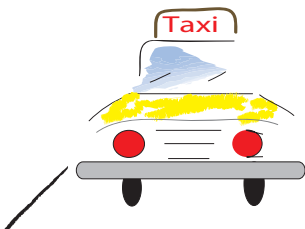
**Mayor Thomas M. Menino**  
and the  
**Commission on Affairs of the Elderly**  
**Eliza F. Greenberg, Commissioner**

# Discounted TAXI COUPONS

at 1/2 Price

- Buy 2 books each month -

Call 617-635-4366 to find a  
location near you.



## Important - New Guidelines

Due to higher demand for Taxi Coupons seniors are only allowed two books per month, and must purchase them in person.

You can no longer purchase Taxi Coupons for others. If someone is unable to purchase Taxi Coupons in person, they must call 617-635-4366 to explain their situation and discuss possible arrangements with an advocate.

**Note:** You must be disabled in order to receive a visit from an advocate.

## North Shore Alzheimer's Partnership 12th Annual Caregiver's Conference

Saturday, November 13, 2010

Holiday Inn Route 1 North Peabody, Massachusetts

8:30 am - Registration and Breakfast / 9:00 am - Conference Begins - Ends at 1:00 pm

Bring your Loved One, we have respite care!

### Planning Ahead: Tools for the Journey

**Keynote Speaker:** Dr. Brent Forester on Medications

Director, Mood Disorders Division, Geriatric Psychiatry Research Program, McLean Hospital

Assistant Professor of Psychiatry, Harvard Medical School

### Choice of 3 Workshops:

- What Services are Out There and How to Get Them
  - Legal Tools - As Part of the Plan
  - Managing Challenging Behaviors



**Wrap up Speaker:** Nance Guilmartin on caring for the Caregiver

Author of "The Power of Pause: How to be More Effective in a Demanding 24/7 World"

**Please call 781-231-7800 to register**

\$10 per person - additional \$15 if applying for CEUs



“Mary” is a proud, Late-Deafened senior citizen who enjoys her friends and her independence. Recently, increases in the cost of living have made it difficult for Mary to pay her bills, she’d missed friends who stopped by her apartment, she’d been finding it difficult understanding telephone conversations and understanding her grandchildren’s voices, doctor’s appointments are frustrating, and social events were hard.

My name is Ellen Budnick-Gross and I am the Senior Independent Living Outreach Specialist at DEAF, Inc, in Allston. DEAF, Inc.’s Senior Independent Living Services program provides assistance to Boston residents aged 60 and older who are Deaf, DeafBlind, Hard of Hearing and Late Deafened. Our services are free.

In my first meeting with Mary, she described her experiences. We worked together to get the services she required. Evaluation of Mary’s current income showed that she qualified for food stamps and fuel assistance. I helped Mary fill out benefits applications, and within a few weeks, she was approved. Now she can afford other necessities without giving up food and heat.

Mary’s doctor recommended hearing aids, but they cost too much on her limited income. Together, we applied for funding for hearing aids, which in Mary’s case were provided free.

Missing friends at the door was solved by contacting her landlord together and requesting reasonable accommodations, like a visual doorbell. Now Mary never misses friends when they drop by. She received an amplified telephone, so she can hear her family and friends when they call.

DEAF, Inc. staff evaluate consumers’ eligibility for a variety of benefits and programs, including food stamps, fuel assistance, SSI, and MassHealth. We assist with obtaining assistive technology, like amplified telephones, videophones, doorbell and fire alarm signalers, and hearing aids, which can make a significant difference in maintaining someone’s independence. DEAF, Inc. supports consumers with other life issues as well, such as housing needs, legal referrals, medical advocacy, and more.

Consumers can come to DEAF, Inc.’s offices at 215 Brighton Avenue, Allston for support, or an Independent Living Specialist can meet with consumers elsewhere, including their own homes.

For information about DEAF, Inc.’s Senior IL Services or to set up an appointment, contact Ellen Budnick-Gross at [ebudnick-gross@deafinonline.org](mailto:ebudnick-gross@deafinonline.org), or at DEAF, Inc’s Senior IL program office at 215 Brighton Ave, Allston, MA 02134 or by phone, at 617-254-4041 TTY/Voice. Our fax is: 617-254-7091. I look forward to hearing from you!

## Ahead of the Curve:

### *An intimate conversation with women in the second half of life*

By: Bonnie B. Matheson

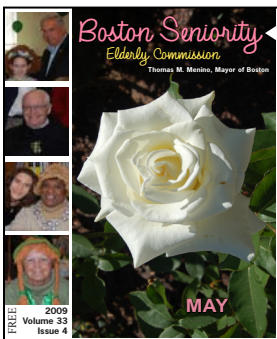
Ready or not, here she comes. Author Bonnie B. Matheson's straight-shooting, no-holds-barred book is the fresh air any woman over 50 needs. Matheson may be 68 years old, but this mother of five and grandmother to 15 defies "typical."

*Ahead of the Curve: An intimate conversation with women in the second half of life* offers a message to women everywhere: get sexy. Matheson empowers women to spice up the second half of life. Divorced after 42 years of marriage, yet

still friendly with her ex, Matheson fills her book with sage advice reminding women that they are never too old to reinvent themselves, to fulfill life-long dreams, and to keep their romantic lives smoldering.

*Ahead of the Curve: An intimate conversation with women in the second half of life* can be found anywhere books are sold.

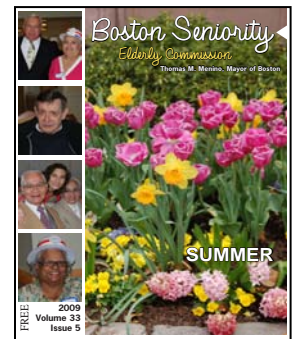
An interview with Bonnie B. Matheson will air on BNN TV Live Seniors Count on Thursday, November 4<sup>th</sup> at 3:00 p.m. It will be repeated on Sunday, November 7<sup>th</sup> at 11:30 a.m. and Tuesday, November 9<sup>th</sup> at 8:30 p.m.



Interested in placing an  
ad in *Boston Seniority*?

Email us at:

BostonSeniority@cityofboston.gov  
or call Martha Rios at (617) 635-2360.



If your core audience are seniors you're in the right place.  
We have a devoted following of seniors with a distribution  
of 25,000 in print and 15,000 hits  
online per month!

*We accept editorial articles*

# Healthy

## Creamed Onions

### Ingredients:

- 3 pounds fresh or frozen pearl onions or boiling onions
- 3 tablespoons extra-virgin olive oil, divided
- 1 teaspoon salt, divided
- 1/2 cup reduced-sodium beef broth
- 1 tablespoon butter
- 1/4 cup all-purpose flour
- 3 cups low-fat milk
- 1 bay leaf
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon white or black pepper
- 2 teaspoons lemon juice

### Preparation:

1. Preheat oven to 400°F.
2. If using fresh onions, bring a large pot of water to a boil. Add onions and cook 1 minute to loosen the skins. Drain. When cool enough to handle, trim both ends, leaving enough of the root end to keep the onions whole while roasting. Peel off the skins. Toss the prepared fresh onions (or frozen onions) with 1 tablespoon oil and 1/4 teaspoon salt in a large bowl. Spread in an even layer in a roasting pan large enough to accommodate all the onions in a single layer. (If you're using fresh onions, a 9-by-13-inch pan is large enough; if

using frozen, you may need a larger pan.) Roast the onions, stirring occasionally, until soft and brown in spots, 45 minutes to 1 hour.

3. Remove the roasting pan from the oven and add broth, stirring and scraping up any brown bits. Return the pan to the oven and roast for 10 minutes more.

4. About 30 minutes after the onions start roasting, start the cream sauce. Melt butter with the remaining 2 tablespoons oil in a large saucepan over medium heat. Add flour and cook, whisking, until the mixture bubbles and is free of lumps, about 30 seconds. Whisk in milk, then add bay leaf, thyme, pepper and the remaining 3/4 teaspoon salt; bring to a gentle boil, whisking often. Reduce heat to the barest simmer and cook, whisking often, until the sauce has thickened to the consistency of thick gravy, about 5 minutes. Remove from the heat. Discard the bay leaf.

5. Stir the roasted onions and any broth from the pan into the cream sauce. Stir in lemon juice. Transfer to a serving dish and serve warm.

**Serves:** 12 1/2 cup each





# Recipes

## Minestrone with Endive & Pepperoni

### Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1/2 cup chopped fresh or frozen (thawed) bell peppers, any color
- 5 cups reduced-sodium beef broth
- 1 1/2 teaspoons dried oregano
- 1 teaspoon dried thyme
- 2/3 cup whole-wheat elbow noodles or other small pasta
- 1 pound frozen mixed soup (or stew) vegetables (including potatoes, carrots, celery, onion), thawed, chopped
- 1 cup frozen baby lima beans, thawed
- 1 15-ounce can diced tomatoes with garlic and onion
- 1/2 cup diced pepperoni
- 3 cups lightly packed coarsely chopped curly endive or chard, tough stems removed
- Freshly ground pepper to last
- Freshly grated Parmesan cheese for garnish

### Preparation:

1. Heat oil in a large saucepan or Dutch oven over medium-high heat. Add bell peppers and cook, stirring, for 3

minutes. Add broth, oregano and thyme; bring to a rolling boil over high heat. Add pasta and cook for 3 minutes less than the package directions.

2. Add mixed soup (or stew) vegetables and lima beans. Bring to a boil over medium-high heat; boil until the vegetables are almost tender, about 3 minutes. Stir in tomatoes, pepperoni and endive (or chard); return to a boil. Adjust the heat and simmer until the endive (or chard) is just tender, about 5 minutes. Season with pepper and garnish with Parmesan, if desired.

**Serves:** 6 (1 1/2 cups each)





# GRANDPARENTS LUNCHEON



## New Bostonians Community Day





# MIL-PAR SENIORS 40TH ANNIVERSARY



## City Fresh Picnic in the Park





# RSVP and SCP

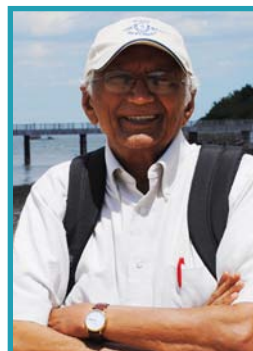




# Recognition



## Camp Harbor View





**First Come  
First Servell**

**MAYOR THOMAS M. MENINO &  
THE SEAPORT HOTEL & WORLD TRADE CENTER  
PRESENT**

**Admission by  
ticket only!!**

**21<sup>st</sup> Annual First Night Celebration**  
**Wednesday, December 29, 2010 - 11:00 a.m. – 2:00 p.m.**

**TRANSPORTATION SIGN UP SHEET**

**INDIVIDUAL APPLICATION ONLY - NO GROUP REGISTRATION ALLOWED**

**REGISTRATION BY FAX OR MAIL ONLY - NO PHONE REGISTRATIONS ACCEPTED**

**TRANSPORTATION PICK-UPS BEGIN AT 10:30 a.m. - DOORS DO NOT OPEN UNTIL 11:00 a.m.**

**ADMISSION BY TICKET ONLY - TICKETS ARE LIMITED**

Please complete and return registration form by **Friday, November 26, 2010** to: **Fax 617-635-3213** or mail to  
**1<sup>st</sup> Night, Elderly Commission, One City Hall Plaza, Room 271, Boston, MA 02201**

<b>Last Name:</b>	<b>First Name:</b>	<b>Tel:</b>
<b>Address:</b>		<b>Apt. #</b>
<b>Neighborhood:</b>		<b>Zip Code:</b>
<b>Language Spoken:</b>		

**CENTRALIZED PICK UP LOCATIONS**

<b>Allston/Brighton</b> – Covenant House, 30 Washington St.	<b>Mattapan</b> – Church of the Holy Spirit, River St.
<b>Allston/Brighton</b> – JCHE Housing, 30 Wallingford Rd.	<b>Mission Hill</b> – Flynn House, 835 Huntington Ave.
<b>Allston/Brighton</b> – Veronica Smith, 20 Chestnut Hill Ave.	<b>North End</b> – Nazzaro Center, 30 North Bennett St.
<b>Boston</b> – Park Street Station – MBTA (Tremont and Park)	<b>Readville</b> – St. Ann's Church, 82 West Milton St.
<b>Charlestown</b> – Golden Age Center, 382 Main St.	<b>Roslindale</b> – Roslindale Municipal Bldg, Roslindale Sq.
<b>Charlestown</b> – 100 Ferrin Street	<b>Roxbury</b> – Freedom House, 14 Crawford St.
<b>East Boston</b> – E.B. Social Center, 68 Central Sq.	<b>Roxbury</b> – Council of Towers, 2875 Washington St.
<b>East Boston</b> – Brandy Wine, 88 Brandy Wine Drive	<b>South Boston</b> – West Broadway Task Force, 81 Orton Marrotta Way
<b>Dorchester</b> – Keystone Apts. 151 Hallet St.	<b>South Boston</b> – St. Monica's Church, Old Colony Ave.
<b>Dorchester</b> – Kit Clark Services, 1500 Dorchester Ave.	<b>South Boston</b> – S.B. Neighborhood House, 136 H St.
<b>Dorchester</b> – St. Brendan's Church, 589 Gallivan Blvd.	<b>South End</b> – Castle Square Apts. 484 Tremont St.
<b>Fenway/Kenmore</b> – Kenmore Abbey, Kenmore Sq.	<b>South End</b> – Harriet Tubman, 566 Columbus Ave.
<b>Hyde Park</b> – Blake Estates, 1344 Hyde Park Ave.	<b>South End/Chinatown</b> – 5 Oak St.
<b>Hyde Park</b> – Georgetown Apts. 400A Georgetown Dr.	<b>West End</b> – Blackstone Apts. 33 Blossom St.
<b>Hyde Park</b> – H.P. Municipal Parking Lot, Cleary Sq.	<b>West Roxbury</b> – CVS & Walgreens Parking Lot
<b>Jamaica Plain</b> – Julia Martin House, 90 Bickford St.	<b>MBTA RIDE</b>
<b>Jamaica Plain</b> – Curtis Hall, 20 South St.	<b>I DO NOT NEED TRANSPORTATION</b>

Once this registration form is received an admission ticket will be issued in the name of the registrant and mailed to the above noted address.